

Silver Springs Primary Academy

PE Skills and Knowledge Progression

We use The Primary PE Passport to demonstrate:

<p>INTENT</p>	<p>That all children can achieve the aims of the National Curriculum through a broad, balanced and progressive curriculum.</p> <p>A willingness of staff to adapt plans to meet the needs of individuals and groups.</p> <p>A commitment from staff to develop children across different domains - physically, cognitively, socially and emotionally.</p> <p>How children learn skills and knowledge and apply it.</p> <p>Delivery through the principles of Assessment for Learning.</p> <p>Children's experiences of traditional and 'new' sports.</p> <p>Careful monitoring of the progress of individuals, groups, classes and year groups.</p>
<p>IMPLEMENTATION</p>	<p>All children receiving 2 hours of high quality Physical Education per week regardless of weather or other external factors.</p> <p>A commitment that all children are active.</p> <p>Inclusivity by putting support for children with SEND in line with other subjects and differentiating using STEP.</p> <p>That children unable to take part are included by involving them in activities related to the lesson e.g. umpiring.</p> <p>A range of teaching styles and strategies to deliver the curriculum.</p> <p>Children being challenged e.g. 6 v 4 to develop skills, knowledge and behaviours.</p>
<p>IMPACT</p>	<p>Children progress in different domains of learning.</p> <p>Show parents the levels of attainment and achievement of their children verbally and/or in writing.</p> <p>How to improve. Specific targets to be set and measured.</p> <p>How to improve. Support and challenge to be provided for learners.</p> <p>That all children's achievements are valued.</p>

Physical Education - Whole School Overview

(based on 2 hours per week)

Year Group	Hour	Autumn 1	Autumn 2	Spring 1	Spring2	Summer 1	Summer 2
Nursery	1	Continuous Provision (CP)	Dance	Dance/CP	Dance/CP	Dance/CP	Dance/CP
	2	Continuous Provision (CP)	FMS 1/CP	Target games Cycling	FMS 1 Cycling	FMS 2 Cycling	Athletics Cycling
Reception	1	Continuous Provision (CP)	Dance/CP	Dance/CP	Dance/CP	Dance/CP	Dance Athletics 1
	2	Continuous Provision	FMS 1/CP	Target games Cycling	Gymnastics 1 Cycling	Target Games 1 Cycling	Striking & Fielding Games 1 Cycling
Year 1	1	Dance	Net & Wall games skills 1	Invasion Games 1	Gymnastics 1	Dance	Striking & Fielding Games 1
	2	FMS 1	Movement Skills 1	Target Games 2	Dance	Athletics 2	Gymnastics 2
Year 2	1	Dance	Movement Skills 2	Target Games 2	Invasion Games 2	Dance	Gymnastics
	2	Gymnastics	Net & Wall Games Skills 2	Gymnastics Skills 2	Gymnastics Pathways	Athletics 2	Striking & Fielding Games 2

Physical Education - Whole School Overview

(based on 2 hours per week)

Year Group	Hour	Autumn 1	Autumn 2	Spring 1	Spring2	Summer 1	Summer 2
Year 3	1	Tag rugby	Gymnastics	Basketball	Hockey/ Gymnastics Skills 2	Cricket	Tennis
	2	Indoor Athletics	Volleyball	Swimming	Swimming	Gymnastics	Athletics
Year 4	1	Swimming	Swimming	Basketball	Gymnastics Skills 2	Cricket	Tennis
	2	Indoor Athletics Tag Rugby	Volleyball	Gymnastics	Hockey	Athletics	Gymnastics
Year 5	1	Tag Rugby	Gymnastics	Basketball	Gymnastics Skills 2	Cricket	Tennis
	2	Indoor Athletics	Volleyball	Gymnastics	Hockey	Athletics	OAA
Year 6	1	Tag Rugby	Gymnastics	Basketball	Gymnastics Skills 2	Cricket	Tennis
	2	Indoor Athletics	Volleyball	Gymnastics	Hockey	Athletics	OAA

Acquiring and developing skills

Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Dance</p> <p>In Dance pupils will explore theme related shapes, movements and actions. Work with a partner and communicate effectively with each other. Remember and perform a basic sequence of movement when led by a teacher. Know what 'good' looks like.</p>	<p>Net and wall games 1</p> <p>Pupils are introduced to net and wall games and the skills involved in games they will play in KS2 such as volleyball, short tennis and dodgeball. Throw with some accuracy and power. Keep eye on the ball at all times. Strike and volley a ball with some degree of accuracy and power. Demonstrate understanding of and interpretation of basic rules and accept decisions given.</p>	<p>Invasion Games 1</p> <p>Pupils will learn how to send and receive and how to bounce, dribble, dodge and evade. Understand some principles of attacking and defending. Apply attacking and defending skills within activities which require them. Manage feelings and behaviour well.</p>	<p>Gymnastics 1</p> <p>This unit will introduce pupils to balancing and spinning on points and patches. Pupils will perform spins and balances in different formations as part of a wider routine. They should demonstrate agility, balance and coordination. Know what different options there are when performing with a partner. Their work should involve changes of level and direction.</p>	<p>Dance</p> <p>Pupils will continue to use their bodies to express simple theme related shapes movements and feelings. Travel safely and creatively in space. Comment on the work of others using some technical language.</p>	<p>Striking and Fielding 1</p> <p>Pupils will learn basic batting, fielding and bowling skills. They learn how to run between wickets; of some basic rules and how to work together through good communication.</p>
<p>Fundamental Movement Skills 1</p> <p>Pupils will work on developing their fine/gross motor skills. Running skilfully, negotiate spaces successfully, use tools to help manipulate objects, balance on one leg, take my turn and work with care. Control my emotions when playing games.</p>	<p>Movement 1</p> <p>Pupils will move in different ways whilst learning about their own space and negotiating space with others. Pupils will run skilfully, negotiating space, travel backwards safely, hop on wither leg, jump in different ways, gallop. Know how to play fairly and accept decisions in games.</p>	<p>Target Games 2</p> <p>This unit builds on Target Games 1 an demands more complex skills and understanding of specific techniques which are required within the range of sports in KS2. Strike a ball at a target with some degree of force. Choose correctly when it is best to throw overarm or underarm. Receive a ball well consistently.</p>	<p>Dance</p> <p>Pupils will continue to use their bodies to express simple theme related shapes movements and feelings. Travel safely and creatively in space. Comment on the work of others using some technical language.</p>	<p>Athletics 2</p> <p>Pupils will develop their ability to coordinate and link movements and refine their techniques. Jump in a variety of ways. Leap, jump and hop. Throw with good technique and run up. Help a peer improve their performance with good feedback. Share equipment and take turns.</p>	<p>Gymnastics 2</p> <p>Pupils will explore the pathway of 'long' and 'short'. How to step in a controlled, elegant movement. Push and pull along the ground on different parts of my body. Jump in different pathways with coordination. Create sequences on the floor and on apparatus. Mount and dismount using different pathways.</p>

Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Dance</p> <p>In Dance pupils will explore different theme related shapes, movements and actions. Work with a partner and communicate effectively with each other. Remember and perform a basic sequence of movement when led by a teacher. Know what 'good' looks like. Can begin to link skills to perform actions and sequences of movement.</p>	<p>Movement 2</p> <p>Pupils will build on skills on those ways of travelling from Movement 1. Jump for distance. Jump for height. Jump with a run up and scissor kick. Skip with a rope with increasing consistency.</p>	<p>Target Games 2</p> <p>Pupils will build on Target Games 1. This demands more complex skills and understanding of specific techniques. Punt a ball with increasing accuracy with both feet and strike with increasing accuracy. Strike into spaces. Get into a sideways position when striking and keep head still. Take turns and share equipment.</p>	<p>Invasion Games 2</p> <p>Pupils will explore some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending. Track an opponent. Catch the ball consistently. Intercept a pass. Retain possession of the ball. Pass and move decisively.</p>	<p>Dance</p> <p>Pupils will continue to use their bodies to express simple theme related shapes movements and feelings. Travel safely and creatively in space. Comment on the work of others using some technical language.</p>	<p>Gymnastics</p> <p>Pupils will explore the gymnastic pathway of wide, narrow and curled rolling and balancing. Create a sequence of curled movements on the floor and apparatus. Form a sequence in long shapes whilst in balance, flight and motion. Perform a sequence of move with a partner. Perform at different levels.</p>
<p>Gymnastics</p> <p>Pupils will explore the pathway of spinning, turning and twisting. Perform a twist then a roll. Twist in flight. Perform counter balances against apparatus. Change the contact point in balances by twisting. Work in synchronisation with a partner to perform different balances and twists.</p>	<p>Net and Wall Games 2</p> <p>Pupils will focus on developing striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net. Strike a ball with increasing accuracy. Develop a good grip and stance. Begin to rally with more success. Move fluently around the court.</p>	<p>Gymnastics 2</p> <p>Pupils will explore the pathway of stretching, curling and arching. Support own body weight in curled positions. Stretch whilst in balance. Create a sequence with seamless transitions between stretches and curls. Demonstrate curling, stretching and arching in my work.</p>	<p>Gymnastic Pathways</p> <p>Pupils will explore the pathway of straight, zigzag and curling. They will run and jump through 90, 180, and 270 degrees. Turn elegantly. Create a sequence in zigzag pathways and perform a sequence with clear starting and finishing positions. Perform a variety of moves on floor and apparatus using different pathways.</p>	<p>Athletics 2</p> <p>Pupils will further develop their ability to coordinate and link movements and refine their techniques. Jump in a variety of ways. Leap, jump and hop. Throw with good technique and run up. Help a peer improve their performance with good feedback. Share equipment and take turns.</p>	<p>Striking and Fielding Games 2</p> <p>Pupils will develop more advanced skills such as how to back up in the field and chase down the pitch to strike a ball whilst on the move. Bowl overarm with a straight arm and stop the ball consistently as a wicket keeper. Chase a ball and throw it back accurately. Play a game applying these skills. Demonstrate the school games values.</p>

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Tag Rugby</p> <p>Pupils will learn how to carry the ball, to score and to tag. They will also learn how to pass the ball and the rules of Tag Rugby.</p> <p>Developing skills: Scoop ball from floor. Dodge to avoid being tagged. Pocket pass with accuracy from right and left. Pass backwards consistently. Set up defensively opposite an opponent. Play to the rules.</p>	<p>Gymnastics</p> <p>Pupils will be working on linking movements together in this unit of work. They will learn to step gracefully and with control, turn through 90, 180 and 270 degrees, spinning on pints and patches. Hold balances with good control linking high and low moves. They will explore a variety of rolls, creating a sequence of rolls and balances. They will evaluate the work of others using the correct technical language.</p>	<p>Basketball</p> <p>Pupils will develop skills of handling the ball, to travel with it under control. They will learn some terminology associated with basketball and how to send in different ways including shooting and how to receive and protect the ball. Control a basketball using both hands and perform various skills. Pass the ball with good technique and communicate with my team mates. Correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball. Dribble, pass and shoot the basketball using correct technique to play in a game.</p>	<p>Hockey</p> <p>Pupils will develop skills of effective grip of the stick, the importance of safety and of abiding by the rules. They will also learn how to pass, receive and dribble in different ways and to put skills together in small games. Develop dribbling technique. Pass a ball accurately. Receive a pass on the run. Play advantage appropriately. Work effectively as part of a team.</p>	<p>Cricket</p> <p>Pupils will develop the skills of bowling, catching, wicket keeping and batting and look to link skills whilst developing pupils' understanding of how the different components fit together into the game itself. Bowl a ball overarm with a straight arm. Take up a wicket keeping stance and take ball bowled on both sides of the wicket. Throw accurately and powerfully. Bowl with a run up. Drive a ball and then run between wickets sliding bat when necessary. Communicate effectively with a partner when batting.</p>	<p>Tennis</p> <p>Pupils will learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes. Hit consistent forearm returns. Strike the ball on the backhand with some consistency. Volley a ball on the forehand and backhand. Serve from the baseline into opponent's side of the court. Move in to the correct position to play a variety of shots. Use tactics against opponent.</p>
<p>Indoor Athletics</p> <p>Pupils will learn a range of throwing, jumping and running techniques and hone technique before competing against their own personal best scores and others. They will develop the correct technique to start a sprint race. Develop the technique and consistency of jumps. Throw overarm with power for distance. Replicate the techniques for running, jumping and throwing events.</p>	<p>Volleyball</p> <p>Pupils will be introduced to the different ways of receiving and sending volleyball and the associated techniques. They will learn how to score and rotate around the court. Receive a volleyball and send a ball over a net. Set a ball. Spike a ball. Serve over distance. Learn how to score. Learn the rotation around the court.</p>	<p>Swimming</p> <p>Delivery by active Tameside. STA School Swimming Academy enables pupils to meet National Curriculum guidelines and creates well rounded swimmers. Pupils will be assessed on entry and will work through 3 key areas.</p> <p>Water confidence skills Floating, treading water, push and glide, submerging face and jumping.</p> <p>Stroke Development Swim competently/confidently and proficiently over a distance of 25 metres.</p> <p>Water safety and awareness Knowledge of dangers of playing around in water. Basic rescue techniques Personal survival skills</p>	<p>Swimming</p> <p>An initial assessment will take place on the first lesson to assess pupils and split them into appropriate ability groups. An end of course assessment is conducted to show the progress of each pupil.</p> <p>Swimmer Definitions</p> <p>Non Swimmer – Have no or limited swimming experience and water confidence</p> <p>Beginners – Can move through the water and have basic water confidence</p> <p>Improvers – Can swim 10 metres on front or back</p> <p>Advanced – Can swim more than 25 metres showing recognised strokes</p>	<p>Gymnastics</p> <p>Pupils will learn to perform with control and a range of dynamics. Receive and hold their own body weight through a variety of points and patches, both in balance and in motion. They will learn what points and patches are, share the apparatus and space with others. They will be self-motivated and physically confident and actively engaged in competitive situations.</p>	<p>Athletics</p> <p>Pupils will learn to replicate the techniques for running, jumping and throwing events in competitive situations. They will run a relay as part of a team, learn how to transfer and receive a baton. Remember the technique for triple jump and standing long jump. They will learn how to start a sprint race. Pupils will aim to improve their personal bests and measure their own and others performances. Pupils will enjoy competing and challenge to improve.</p>

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Swimming</p> <p>Pupils will be taught the skills within the award they are working towards. Diverse ability within a group is carefully considered when planning and preparing lessons by active Tameside to accommodate all pupils and provide them with equal opportunity and entitlement. For more details of the requirements of each Award and assessment strategies please follow the link below.</p> <p>https://www.sta.co.uk/school-swimming-academy/</p>	<p>Swimming</p> <p>Pupils will be taught the skills within the award they are working towards. Diverse ability within a group is carefully considered when planning and preparing lessons by active Tameside to accommodate all pupils and provide them with equal opportunity and entitlement. For more details of the requirements of each Award and assessment strategies please follow the link below.</p> <p>https://www.sta.co.uk/school-swimming-academy/</p>	<p>Basketball</p> <p>Pupils will develop skills of handling the ball, to travel with it under control. They will learn some terminology associated with basketball and how to send in different ways including shooting and how to receive and protect the ball. Control a basketball using both hands and perform various skills. Pass the ball with good technique and communicate with my team mates. Correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball. Dribble, pass and shoot the basketball using correct technique to play in a game.</p>	<p>Gymnastics</p> <p>Pupils will learn to explore arching and bridges. They will learn how to support their weight on hands and feet only. Spin from one means of support to another. Create sequences involving different controlled rolls and front and back supports. Work in different formations within a sequence. Work in a pair.</p>	<p>Cricket</p> <p>Pupils will develop the skills of bowling, catching, wicket keeping and batting and look to link skills whilst developing pupils' understanding of how the different components fit together into the game itself. Bowl a ball overarm with a straight arm. Take up a wicket keeping stance and take ball bowled on both sides of the wicket. Throw accurately and powerfully. Bowl with a run up. Drive a ball and then run between wickets sliding bat when necessary. Communicate effectively with a partner when batting.</p>	<p>Tennis</p> <p>Pupils will learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes. Hit consistent forearm returns. Strike the ball on the backhand with some consistency. Volley a ball on the forehand and backhand. Serve from the baseline into opponent's side of the court. Move in to the correct position to play a variety of shots. Use tactics against opponent.</p>
<p>Tag Rugby</p> <p>Pupils will learn how to carry the ball, to score and to tag. They will also learn how to pass the ball and the rules of Tag Rugby. Developing skills: Scoop ball from floor. Dodge to avoid being tagged. Pocket pass with accuracy from right and left. Pass backwards consistently. Set up defensively opposite an opponent. Play to the rules</p>	<p>Volleyball</p> <p>Pupils will be introduced to the different ways of receiving and sending volleyball and the associated techniques. They will learn how to score and rotate around the court. Receive a volleyball and send a ball over a net. Set a ball. Spike a ball. Serve over distance. Learn how to score. Learn the rotation around the court.</p>	<p>Gymnastics</p> <p>Pupils will learn about receiving body weight. Take weight on their hands as part of a sequence of moves. Take weight on back, bottom, shoulders, both in balance and in motion. Perform shoulder and teddy bear rolls. Perform with a range of dynamics. Receive and hold own body weight through a variety of points and patches both in balance and in motion.</p>	<p>Hockey</p> <p>Pupils will develop skills of effective grip of the stick, the importance of safety and of abiding by the rules. They will also learn how to pass, receive and dribble in different ways and to put skills together in small games. Develop dribbling technique. Pass a ball accurately. Receive a pass on the run. Play advantage appropriately. Work effectively as part of a team.</p>	<p>Athletics</p> <p>Pupils will learn a range of throwing, jumping and running techniques and hone technique before competing against their own personal best scores and others. Warm up prior to exercise and able to sustain performance over periods of time. Pupils will know the technique involved in hurdling. The pull technique in throwing. How to receive and transfer a relay baton. Improve on personal bests.</p>	<p>Gymnastics</p> <p>Pupils will explore symmetry and asymmetry. They will learn to create a sequence of spins on points at different levels and with smooth transitions. They will perform a forward roll, perform a series of symmetrical and asymmetrical rolls with a partner. They will create a sequence of symmetrical and asymmetrical gymnastic moves.</p>

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Tag Rugby</p> <p>Pupils will learn to overlap, how to play advantage and to restart after infringements in small sided games. Pupils will learn to pop pass and pocket pass. Tag someone safely. Send and receive the ball under pressure and on the run. Pass accurately and dummy a pass. Attack in staggered lines. Develop game understanding and compete in a game of Tag rugby.</p>	<p>Swimming</p> <p>Pupils will be taught the skills within the award they are working towards. Diverse ability within a group is carefully considered when planning and preparing lessons by active Tameside to accommodate all pupils and provide them with equal opportunity and entitlement. For more details of the requirements of each Award and assessment strategies please follow the link below. https://www.sta.co.uk/school-swimming-academy/</p>	<p>Basketball</p> <p>Pupils reinforce the basic skills they learnt in Year 3 & 4 and advance to learn different defensive systems and how to work shooting opportunities as a team. Pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass. Vary speed and direction to get past defenders. I can mark a player or an area of the court. I use (BEEF) technique to shoot a ball.</p>	<p>Gymnastics</p> <p>Flight – Pupils will learn how to jump in different ways and perform shapes in flight which are varied and aesthetically pleasing. Gain elevation from a powerful run and dynamic take off. Create shapes whilst in flight. Land with soft knees and in a safe symmetrical position. Mount and dismount the apparatus safely and in imaginative ways. Work to create a sequence as a group.</p>	<p>Cricket</p> <p>Pupils will learn explicit ways of delivering the ball and shots that might be played depending upon the delivery. Developing pupils tactical awareness learning to take into account a variety of factors. Catch consistently well under pressure. Bowl with a run up. Perform a range of fielding techniques. Show tactical awareness as a fielder. Link my skills and perform in a competitive game.</p>	<p>Tennis</p> <p>Pupils will learn to extend their repertoire of strokes and learn how to play singles and doubles, using tactics to outwit their opponent. Hit a forehand shot consistently. Control where the ball is hit. Smash, lob, serve. Get into a good position and play backhand shots with some consistency. Play a competitive game using a range of ground strokes.</p>
<p>Indoor Athletics</p> <p>Pupils will be looking at different ways of running, jumping and throwing whilst developing children’s technique and awareness of safety. Change pace and run at different tempos. Throw with accuracy and power. Perform the correct techniques for standing long jump, standing triple jump and standing vertical jump. Measure performance accurately.</p>	<p>Volleyball</p> <p>Pupils will learn the array of ways of receiving and sending volleyball and the associated techniques. They will learn how to score and rotate around the court. Receive a ball using the bump and dig technique. Send a ball over the net. Set and spike a ball. Serve over distance. Run from the back of the court to spike a ball that has been set high. Apply all of the skills of volleyball in a full sided game.</p>	<p>Gymnastics</p> <p>Pupils will explore the concepts of ‘matching, mirroring and contrast’. They will perform matching moves with a partner within a sequence. Hold balances on different numbers of points of contact. Perform a sequence with a partner which moves from matching moves to contrasting moves. Work as a group to demonstrate fluent routines involving mirroring and contrasts.</p>	<p>Hockey</p> <p>Pupils will refine different dribbling, tackling, shielding, passing and receiving techniques. They will play games including those where one team has a numerical advantage and look to deepen their understanding of the principles of attack and defence. Push pass accurately. Indian dribble. Jab tackle. Send and receive under pressure. Develop my skills in different positions.</p>	<p>Athletics</p> <p>Pupils will look at different ways of running, jumping and throwing outdoors. How to control my running over middle distance. How to throw safely as part of a group. Throw with a run up. Combine sprinting with hurdling. Transfer a relay baton efficiently as part of a team. Enjoy competing and challenge myself to improve.</p>	<p>OAA</p> <p>Pupils will use verbal and non verbal communication and team work to solve a variety of challenges. Work as part of a team. Work with a partner to think creatively and find solutions to challenges. Work quickly and effectively against the clock. Work with a partner or small group to find a number of controls using a map.</p>

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Tag Rugby</p> <p>Pupils will learn to overlap, how to play advantage and to restart after infringements in small sided games. Pupils will learn to pop pass and pocket pass. Tag someone safely. Send and receive the ball under pressure and on the run. Pass accurately and dummy a pass. Attack in staggered lines. Develop game understanding and compete in a game of Tag rugby.</p>	<p>Swimming</p> <p>Pupils will be taught the skills within the award they are working towards. Diverse ability within a group is carefully considered when planning and preparing lessons by active Tameside to accommodate all pupils and provide them with equal opportunity and entitlement. For more details of the requirements of each Award and assessment strategies please follow the link below. https://www.sta.co.uk/school-swimming-academy/</p>	<p>Basketball</p> <p>Pupils reinforce the basic skills they learnt in Year 3 & 4 and advance to learn different defensive systems and how to work shooting opportunities as a team. Pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass. Vary speed and direction to get past defenders. I can mark a player or an area of the court. I use (BEEF) technique to shoot a ball.</p>	<p>Gymnastics</p> <p>Pupils will explore the concept of 'Under and Over' in partner work. Form strong bridges and arches with a partner. Leapfrog others safely. Create opportunities for others to travel over and under me safely. Work over and under on the floor and apparatus. Perform to an audience. Evaluate the work of others using correct technical language.</p>	<p>Cricket</p> <p>Pupils will learn explicit ways of delivering the ball and shots that might be played depending upon the delivery. Developing pupils tactical awareness learning to take into account a variety of factors. Catch consistently well under pressure. Bowl with a run up. Perform a range of fielding techniques. Show tactical awareness as a fielder. Link my skills and perform in a competitive game.</p>	<p>Tennis</p> <p>Pupils will learn to extend their repertoire of strokes and learn how to play singles and doubles, using tactics to outwit their opponent. Hit a forehand shot consistently. Control where the ball is hit. Smash, lob, serve. Get into a good position and play backhand shots with some consistency. Play a competitive game using a range of ground strokes.</p>
<p>Indoor Athletics</p> <p>Pupils will be looking at different ways of running, jumping and throwing whilst developing children's technique and awareness of safety. Change pace and run at different tempos. Throw with accuracy and power. Perform the correct techniques for standing long jump, standing triple jump and standing vertical jump. Measure performance accurately.</p>	<p>Volleyball</p> <p>Pupils will learn the array of ways of receiving and sending volleyball and the associated techniques. They will learn how to score and rotate around the court. Receive a ball using the bump and dig technique. Send a ball over the net. Set and spike a ball. Serve over distance. Run from the back of the court to spike a ball that has been set high. Apply all of the skills of volleyball in a full sided game.</p>	<p>Gymnastics</p> <p>Pupils will work in a group using different choreographic styles to formulate work which is aesthetically pleasing. They will learn how to work in a group of 4 to perform a sequence of rolls. Perform in unison. Work as part of a team to create sequence starting and finishing points which are clearly defined. Include changes in direction and speed, travel on different body parts. Time my moves within a group sequence.</p>	<p>Hockey</p> <p>Pupils will refine different dribbling, tackling, shielding, passing and receiving techniques. They will play games including those where one team has a numerical advantage and look to deepen their understanding of the principles of attack and defence. Push pass accurately. Indian dribble. Jab tackle. Send and receive under pressure. Develop my skills in different positions.</p>	<p>Athletics</p> <p>Pupils will look at different ways of running, jumping and throwing outdoors. How to control my running over middle distance. How to throw safely as part of a group. Throw with a run up. Combine sprinting with hurdling. Transfer a relay baton efficiently as part of a team. Enjoy competing and challenge myself to improve.</p>	<p>OAA</p> <p>Pupils will use verbal and non verbal communication and team work to solve a variety of challenges. Work as part of a team. Work with a partner to think creatively and find solutions to challenges. Work quickly and effectively against the clock. Work with a partner or small group to find a number of controls using a map. Use a simple map to navigate around. Know what ordnance survey symbols mean.</p>